



50+ Recreation November 2018

Our mission is to enrich the lives of our citizens. ISSUE 11

www.ColumbusRecParks.com

Empty Bowls

As part of an international fight against hunger, Columbus Recreation and Parks has partnered with churches, businesses and program sponsors to raise over \$257,000 in the last 20 years for the Mid-Ohio Foodbank. You can help by donating a **minimum of \$10**, selecting a bowl and enjoying homemade soup and bread.

THURSDAY, FRIDAY & SATURDAY, NOV 1-3

Gillie Community Center
2100 Morse Rd.
Columbus, OH 43229
11:00 a.m.-1:00 p.m.

FRIDAY, NOV 9

Whetstone Community Center
3923 N. High St.
Columbus, OH 43214
11:30 a.m.-2:00 p.m.

WEDNESDAY, THURSDAY & FRIDAY NOV 14-16

Martin Janis Community Center
600 E. 11th Ave.
Columbus, OH 43211
11:30 a.m.-1:00 p.m.

A complete listing of events can be found on page 4.

Golden Hobby Shop
630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

Holiday Open House
Sunday, November 18
Noon- 5 pm

We'll be serving refreshments in a very festive environment. Your choice of a fabulous handcrafted ornament comes with every purchase. The shop has 107 new consignors this year and thousands of very unique and reasonably priced items for decorating, gift-giving or indulging yourself. Come see us!

November 2018

Issue 11

Barnett Multigenerational Center	Page 5
COAAA	Page 8
Dance Information	Page 2
Dodge Multigenerational	Page 6
Empty Bowls	Page 1, 4
Gillie 50+ Center	Page 7
Golden Hobby Shop	Page 1
Lazelle Woods Multigenerational	Page 8
Marion Franklin Multigenerational	Page 9
Martin Janis 50+ Center	Page 10
Trip Information	Page 2, 3, 4
Walk with the Doc	Page 9
Water Exercise	Page 10
Whetstone Multigenerational	Page 11

Newsletter Editor: Wendy Frantz 645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

Tap Dance:

Advanced *Wednesdays 10 am*

Beginning *Wednesdays 10:50 am*

Ballet Class *Wednesdays 5 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

November 7 Birthdays and Anniversaries

November 14 Veterans' Ball

November 21 No Dance "Happy Thanksgiving"

November 28 "Beat Michigan" & December's Birthdays and Anniversaries

A Rockin' Little Christmas with Michael Rose and Betty

Saturday, December 8 Cost \$18

5:30 Doors open; 6:00 dinner; 6:30 dances show; 7:00 show

Rockin' your holiday with great Pop, Rock-n-Roll, R&B, Jazz and of course, your Christmas Favorites. We'll have Line Dance instruction, a Ballroom Dance exhibition and prizes.

For more information please call 645-3106

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout *Tuesday and Thursday 10 am*

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm
\$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Zumba

Wednesdays 6-7 pm \$25 per person, per session

Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

Red Hat Christmas Party

Friday December 14 11:30 am

The Party will be held in the Gillie Card Room. We will have \$5 gift exchange and bring \$2 for our project.

Trips

Barnett

645-3067

Fall Hike at Hocking Hills

Wednesday, November 14 9 am Cost \$10

We will start the day with a half mile hike at Rock House, followed by a mile hike at Old Man's Cave. Bring extra money for lunch; we will stop at The Olde Dutch Restaurant before heading home. Make sure to dress for the weather.

Lunch and a Movie

Tuesday, November 27 Noon Cost \$5

Join us out for lunch and then we will head to Marcus Cinema for an afternoon movie. We will vote on which movie to see and where to have lunch the Friday before. Lunch is on you.

Dodge

645-8151

Experience the Holiday Magic at The Greek Revival Mansion

Friday, November 9 9 am

Cost \$10 (\$5 for admission and tour \$5 for van expense)

Join us as we travel to Granville to take a tour of the Greek Revival Mansion decorated in all its glory for the Holidays. Bring additional money for lunch and shopping.

The Warther Museum 25th Annual Christmas Tree Festival

Friday, November 16 9 am

Cost \$10 (\$5 for admission; \$5 for van expense)

Proceeds from the tree festival benefit the Local Union Hospital auxiliary and is an unrivaled holiday spectacle! Over 100 pre-decorated trees, wreaths and home décor fill the museum! What a way to start off the holiday season. Wear comfortable shoes and bring additional money for lunch.

Dodge trips continued on page 3.

Trips

Dodge (continued)

645-8151

Waynesville Christmas in the Village

Friday, November 30 9:30 am Cost \$7

Join us for a day of enjoying the quaint shops, antique stores, boutiques and the beautifully decorated historic area of Waynesville. Wear comfortable walking shoes as there are many little shops to explore. Get a jump start on your Holiday shopping and support a small business! Maybe you will find that perfect one of a kind gift that you have always been looking for. Also, bring enough money for lunch as we will be eating when we get there.

Gillie

645-3106

Gillie Trip Policy for 2018: Please call 645-3106.



The Cleveland Christmas Experience

Thursday & Friday, November 15 and 16

Leave 7:30 am Cost \$299

(includes: motor coach transportation, all tours, admissions and Thursday breakfast.)

Lunch and dinners are on your own.

Join us for our annual Holiday Trip as we travel to Cleveland, OH. We begin our trip in Ashland at Grandpa's Cheese Barn, and then we're off to the famous Rock and Roll Hall of Fame, where we will see the Back Stage Stories Exhibit, which spotlights historic bands like the Beatles. We will also see the new Elvis retrospective exhibit with interviews and costumes from Graceland. Next, we will have dinner at P. J. Marleys (est.1891), where they are known for their homemade burgers and the best macaroni and cheese in the land. We will see the largest collection of Hollywood Christmas movie props and animated Christmas windows from places like Saks Fifth Ave. and Bloomingdales in New York. We move on to our special hotel in downtown Cleveland, the famous **Arcade**. The Victorian era structure houses the five story Hilton Hotel, with a skylight spanning over three hundred feet along four balconies. The next day, we travel to the IX Center to experience the "**Christmas Connection**," the ultimate shopping experience with over 800 vendors. We will do a drop off stop at the Horseshoe Casino for those of you who would prefer to gamble instead of shop. **Register now!**

Gillie (continued)

645-3106

La Comedia Presents:

Irving Berlins "White Christmas!"

Thursday, December 13 8:30 am -5 pm Cost \$50

Cost includes: ticket, transportation and buffet

The most popular stage show of all time inspired the classic film. Two World War II veterans' host a successful song-&-dance act and follow a duo of beautiful singing "sisters" en route to the Christmas show at a Vermont lodge. Cue the snow!

Registration begins November 1.

Marion Franklin

645-3612

National Underground Railroad

Friday, November 2 7 am Cost \$55

The National Underground Railroad Freedom Center celebrates the heroes who created the secret network through which the enslaved could escape to freedom, the Underground Railroad. Join us as we experience the journey.

Price includes: Motor Coach from Marion Franklin Center to Cincinnati and tickets to the museum. Our first stop will be for breakfast at Cracker Barrel, our second stop will be the museum and our last stop will be for lunch at the Montgomery Inn. Please register @ the Marion Franklin front desk.

Breakfast and Movie

Tuesday, November 13 9 am Cost \$5

Movie will be determined a week prior, based on showings and times. Please submit movie suggestions the Friday before trip. Please register at the front desk.

Scavenger Hunt...Special Edition!

Tuesday, November 28 9:30 am

Cost \$20 (Transportation Only)

Join us as we head out to catch deals legends are made of at Snooty Fox. We will grab lunch before heading back to share news of our finds. Please register at the front desk.

Martin Janis

645-5954

Lunch & a Movie

Thursday, November 15 10:30 am

Cost: \$5 for transport, around \$5 for movie & lunch on your own

Grab a friend and spend a relaxing afternoon at the movie of your choice after lunch.

Martin Janis trips continued on page 4.

Trips

Martin Janis (continued)

645-5954

Whetstone

645-3217

Conversations and Coffee

Thursday, November 29 11:30 am

Cost: \$5 for transport, lunch on your own after the presentation

Join us for a stimulating conversation at the Cultural Arts Center featuring an accomplished artist and learn their techniques and inspiration. And of course enjoy the coffee as well!



Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

Dawes Arboretum

Wednesday, October 10 9 am

Red Hat /Cruising Cougars. Contact Mike to RSVP.

Hikes with Mike

Wednesday, October 17 9:30 am

We will be heading to Hayden Run Falls and Scioto Village. Contact Mike to RSVP.

Taste of Italia

Wednesday, October 24 9:30 am

We will be going to Raven's Glenn. Please RSVP to Mike if you want to attend.

Empty Bowls

As part of an international fight against hunger, Columbus Recreation and Parks has partnered with churches, businesses and program sponsors to raise over \$257,000 in the last 20 years for the Mid-Ohio Foodbank. You can help by donating a **minimum of \$10**, selecting a bowl and enjoying homemade soup and bread.

SATURDAY, NOV 10

Beautiful Savior Lutheran Church
2213 White Rd.

Grove City, OH 43123
11:00 a.m.-2:00 p.m.

Hillcrest Baptist Church
2480 W. Broad St.
Columbus, OH 43204
11:00 a.m.-2:00 p.m.

Parkview United Methodist Church
344 S. Algonquin Ave.
Columbus, OH 43204
11:00 a.m.-2:00 p.m.

St. Luke Lutheran Church
4456 Morse Rd.
Columbus, OH 43230
11:00 a.m.-2:00 p.m.

Tuttle Park Community Center
240 W. Oakland Ave.
Columbus, OH 43201
11:00 a.m.-2:00 p.m.

SUNDAY, NOV 11

North Unitarian
Universalist Congregation
1574 Franklin St.
Lewis Center, OH 43035
11:30 a.m.-12:30 p.m.

Eastminster Presbyterian Church
at Trinity Lutheran Seminary at
Capital University
2199 E. Main St.
Bexley, OH 43209
12:00-2:00 p.m.

TUESDAY, NOV 13

Altercare of Canal Winchester
6725 Thrush Dr.
Canal Winchester, OH 43110
11:00 a.m.-1:00 p.m.

Barnett will be CLOSED the following days:
Monday, November 12th in observance of Veteran's Day
Thursday, November 22nd for Thanksgiving

Barnett 50+ Planning Committee

Thursday, November 1 1:30 pm

All are welcome as we discuss upcoming events and trips. Bring your ideas!

Water Aerobics

Monday, November 5 9:30 am Cost \$2

We will head to the Aquatics Center for a low resistance, low-impact workout. Please register at the front desk.

No-Sew Blankets

Thursday, November 8 2 pm

Come help us make fleece blankets to be donated to children in foster care this winter. No sewing required, so everyone can participate! Light refreshments provided.

Pie Bake Off

Thursday, November 15 1 pm

Do you make the tastiest pie? The flakiest crust? The best decorated? Bring in your first-class pie for judging. Please sign up at the front desk by Tuesday, November 13 if you plan on participating. All are welcome for tasting and voting!

Christmas Crafts

Thursday, November 29 2 pm

If you haven't started holiday decorating, let us help! We will spend the afternoon making a variety of ornaments that you will be able to take home with you.

Kettlebell Workout

Tuesdays 10 am

You've seen them in the weight room, but do you know all of the exercises you can do with them? Join us for a total body kettlebell workout. Register today as space, and kettlebells, are limited.

Rise and Ride

Tuesdays and Thursdays 9am

Start your day off with an invigorating indoor cycling workout. Whether you are a beginner or a pro, this class is for everyone –you have full control of your workout.

The Game Room

Monday-Friday 9 am-3 pm

Stop in for puzzles, a game of cards, billiards or even Skee-Ball.

Open Basketball

Tuesday and Thursday 10 am-Noon

Pickleball

Mondays 3 pm

Thursdays 12:30 pm

Join us for open Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

Fall I Class Schedule

Stay Young, Stay Fit *Mon, Wed & Fri 9:00 am*

Walking Club *Mon, Wed & Fri 10:00 am*

Beginner Line Dance *Mon & Wed 10:30 am*

Showcase Line Dancing
Mon & Wed 12:15 pm

Wood Carving *Monday 1:30 pm*

Core & More *Tuesdays 10:00 am*

Chair Fitness *Tuesdays 11:00 am*

Ceramics Open Studio
Tuesdays 1:30 pm

Knit & Crochet Club *Wednesdays 1:30 pm*

Senior Weightlifting *Thursdays 11:00 am*

Yoga/Tai Chi *Fridays 11:00 am*

Painting *Fridays 1:30 pm*

Mark your Calendars:

- **Butch Bando's Fantasy of Lights**
(formerly Alum Creek's Fantasy of Lights)
Thursday, December 6

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!***

Dodge will be CLOSED the following days:

Monday, November 12 Veteran's Day

Thursday, November 22 Thanksgiving

Interested in eating Healthy?

Thursday, November 15

Lisa Gibson will be here to discuss *"It's all about choice and tools of the trade."*

Walk with a Doc

Saturdays, November 10 8:30 am

Last walk for 2018. Let's make it a good one.

Thank you so much for participating! Our End of the Year Celebration will be on **Saturday November 17.**

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & Fridays 8:15-9 am

We will walk various paths, and if it's raining we will walk around the gym! Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week! On some Fridays, we may not meet due to Dodge's trip schedule.

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Upcoming Events for December:

Brushes and Brews with Ms. Holly (don't get too excited its brewed coffee or tea, but I made you look ☺)

Holiday Painting Workshop

Friday, December 7 9:30 am-12:30 pm Cost \$10

This cost includes canvas, supplies, and refreshments that are provided at the workshop. Join us to celebrate the spirit of the season with this painting class and we create a festive holiday painting that will warm even the Grinchiest of hearts. No painting experience is necessary! Sign up today to reserve your spot! Payment due at sign up.

Ugly Holiday Sweater Party & White Elephant Gift Exchange

Wednesday, December 12 11 am-1 pm Cost \$5

Only 30 tickets will be sold. Purchase yours now!

For those who wish to participate in the exchange, you must bring in a wrapped white elephant gift! Join us as we celebrate the holiday season, 1st, 2nd and 3rd place prizes will be awarded for our ugly sweater contest.

Classes for Fall 2 (begins Oct. 30th - Dec. 15th)

Walking Club	Mon, Wed & Fri	8:15 am
Beading	Mondays	9:00 am
Senior Fitness	Mondays	9:00 am
Shuffle Board	Mondays	10:00 am
Painting	Mondays	10:30 am
Chair Volleyball	Mon & Thurs	1:00 pm
You Sew Fine	Mondays	1:30 pm
Zendoodle journals	Mondays	3:30 pm
Indoor Cycling	Mon. & Weds.	9:30 am
Quilting	Tuesdays	9:00 am
Drawing	Tuesdays	11:00 am
Chorus	Tuesdays	1:00 pm
Euchre	Tuesdays	12:00 pm
Painting and crafts	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Warm up Cardio	Wednesdays	8:30 am
Service Circle	Wednesdays	9:00 am
Clogging	Wednesdays	10:00 am
Seasonal arts & crafts	Wednesdays	10:30 am
Chair fitness	Wednesdays	11:00am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Bingo	Thursdays	11:00 am
50+ Alterations	Fridays	1:00 pm

Interested In Volunteering? We are always looking for volunteers to be front desk hosts/hostesses or to assist in planning and coordinating trips or special events, even volunteering to teach a class or workshop, you have a talent or skill to share. Please inquire at the front desk for volunteer opportunities at Dodge.

Trip ideas? We are always looking for ideas for affordable day trips. If you have any that you would like to share for the upcoming year, please submit them to Ms. Holly. It is important to keep in mind the cost.

Center will be CLOSED the following days:

Monday, November 12 Veteran's Day

Thursday, November 22 Thanksgiving

Holiday Bazaar & Bake Sale

Friday & Saturday November 2 & 3

9 am-2:30 pm

Start your holiday shopping now with our unique vendors who have assorted crafts, original art work and special gifts on sale for you. Our famous baked goods will bring a smile to any face and don't forget our wonderful raffle. Come out with your family and friends.

(Vendors: Check to see if tables are still available. \$20 per table)

Empty Bowls *Cost \$10 and up*

Thurs., Fri. & Sat., Nov. 1, 2 & 3 **11 am-1 pm**

Help fight hunger in our community by purchasing a ceramic class handmade bowl, soup and bread. 100% of proceeds go to the Mid-Ohio Foodbank.

OSU Extension Service with Lisa Gibson

Friday, November 2 **9:30 am**

Veteran's Group **Friday, October 5** **1 pm**

BINGO **Mondays, November 5 & 15** **1 pm**

Peripheral Neuropathy Seminar

Tuesdays, November 6 & 20 **11:30 am-Noon**

Are you or someone you know suffering with numbness, burning, cramping, sharp electrical pain in their arms, legs or feet? Free talk by Dr. Daniel Jurus, DC, BS **Call 614-428-9310 to register!**

The Gillie Players presents its annual

Murder Mystery Dinner Theater

Thursday, November 8 **5:30 -7 pm** **Tickets \$10**

Join us for a fun "whodunit" mystery. Where you play the detective and guess who the killer is.

Tickets are available at the front desk.

Citywide Veteran's Celebration

Marion Franklin Senior Center

Friday, November 9 **10:30 am** **Cost \$7**

Everyone is welcome to join us for a special celebration honoring our Veterans with a wonderful brunch and program at the Marion Franklin Center, 2801 Lockbourne Rd.

Veterans, please sign up for a ride to the event at the front desk. Your meal is free.

G- Clef Patriotic Concert

Thursday, November 8 **12:15 pm**

Everyone is welcome to join us for a special celebration honoring our Veterans with the Gillie G-Clef Chorus.

Eat Better, Feel Better

Tuesday, November 13 **11 am**

LifeCare Alliance Dietitian Leonor Button, RD

Alzheimer's Association **Tuesday, November 13**

~Support Group **12:30 pm** Everyone is invited.

~Private Consultations **1:30-4 pm** for yourself or a caregiver; by appointment (457-6003).

History Roundtable

Wednesday, November 14 **1 pm**

Elizabeth Jane Cochran (Nellie Bly) started her journey around the world in 80 days. We will look at the fantastic life of this amazing women.

Senior Recreation Council Meeting

Wednesday, November 14 **1 pm**

Thanksgiving Luncheon

Thursday, November 15 **11:30 am-1 pm** **Cost \$7**

Enjoy turkey, dressing, mashed potatoes, gravy, vegetable, roll, dessert and beverage. Join us for good food, fellowship and wonderful entertainment to celebrate the season. **Tickets on sale now! (You must have a ticket for lunch; no other food will be served on this day.)**

Columbus Speech & Hearing

Thursday, November 15 **10 am-3:30 pm**

To schedule an appointment, call 261-5452.

Senior Living Truth Series:

The Truth on Senior Living Communities

Thursday, November 15 **10-11:30 am**

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

OSU Extension Office w/ Loretta Sweeney

Tuesday, November 20 **10 am**

Topic: Food Safety – Learn about food safety and how to keep everyone safe from food borne illnesses during the holidays.

Lazelle Woods Multigenerational Center
645-5330

Anna Marie Brown, Center Manager

Hours: Mon-Fri 8 am- 5 pm

8140 Sancus Blvd., 43081

Monday

Pickle Ball 8:30-10:30am \$10 Sports Pass
Fitness Fuzion 9:30-10:30am \$30
Open Clay Class with Phyllis
7:00-8:45pm \$10

Tuesday

Adult Pottery 7:00-8:45pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$35
Pickle Ball 1:00-3:00pm \$10 Sports Pass
Yoga 6:30-7:30pm \$25
Taiji 7:15-8:15pm \$25

Thursday

Piano Level 1 5:30-6:00pm \$25
Adult Needle Crafts 7:00-7:45pm Free

Friday

Pottery with Phyllis Noon-2:00pm \$20 + Mtls.

Saturday

Beginners Hatha Yoga
10:00-11:00am \$60
Taiji 11:00am-Noon \$25
Dance Fit & Toning 12:15-1:15pm \$25

Life Line Screening will offer non-invasive and painless health screenings at Lazelle Woods Recreation Center on 11/21/2018 **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit**

www.lifelinescreening.com/communitycircle or text the word circle to 797979.

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-725

Age-Friendly Columbus

Age-Friendly Columbus (AFC) began in 2016 at the Mid-Ohio Regional Planning Commission. As part of the World Health Organization and AARP Network of Age-Friendly Communities, AFC was tasked with following a 5-year plan of evaluation, planning and implementation. COAAA has been involved from the beginning, participating on the advisory council and with staff representation on several of the domain committees. The first year (2016) was dedicated to research, including surveys and focus groups, to understand the challenges and successes experienced by residents 50 and older in Columbus. Utilizing the results of the research, 2017 was dedicated to writing a three year strategic plan of improvement.

The research and planning phases both used an inclusive-planning or community-based participatory planning approach. This means that older adults and individuals of varying abilities served on committees alongside varying professionals to inform the work. Professionals from aging, planning, engineering, city council, transportation and other fields served on these committees. Representation from over 125 individuals informed the results of the research and planning phases, and many of these organizations will lead work during the implementation plan as well.

Implementation of the Age-Friendly Columbus Strategic Plan will begin in January of 2018 and extend through December of 2020. The final phase of the project will be led by The Ohio State University College of Social Work (CSW) and housed within the Blackburn Recreation Center in Old Town East. This commitment to “leading with the community, from the community” will ensure work is being done simultaneously at the micro and macro levels. Additionally, placement within CSW brings a focus on intergenerational student involvement, research, and faculty expertise. COAAA will continue to support and participate in the implementation of the strategic plan.

Fall II Session: October 29-December 14
Center Closed: November 12 - Veterans Day
November 22 - Thanksgiving

November is National Diabetes Month

8.1 million people (27.8) in U.S. are living with diabetes but do not know it. The Lifecare Alliance is offering free Blood Sugar Testing. Walk-ins are welcome. Please call Barbara Parker, RN. @ 614-437-2927 for more information.

Thank-You

A special thank you goes out to the Marion Franklin Community Center staff, volunteers and members for helping make our Breast Cancer Awareness (Health Initiative) Event possible.

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

Classic 8 Ball Tournament

Thursday, November 8 4 pm Free

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Participants receive discounted prices at Papa Joes. Register at the front desk.

Veteran's Day Brunch - History & Honor

Friday, November 9 10 am-1 pm Cost \$10

This event honors veterans of our armed services and will feature a procession of colors, guest speakers and patriotic music. We are also implementing an outreach initiative at this event: The SRC will provide greeting cards to anyone who would like to write a thank you, motivational quote or holiday greeting to military personnel. Tickets are available at Marion Franklin's front desk. Please come out and show your support.

Book Club Discussion & Lunch

Wednesday, November 14 1:30 pm

Book: The Choir Director

Author: Carl Weber

The location for the October book club will be held at Brio's Tuscan Grille, 3993 Easton Station 43219.

Dates and Times are subject to change; please register if you plan to attend. You may also call the center to add your name to our email list to receive Book Club information.

Thanksgiving Luncheon

Friday November 15 11 am Cost \$10
Canteen

Meet up at Marion Franklin to celebrate Thanksgiving with traditional food and fellowship.

Senior Recreation Council Meeting

Monday, November 26 2 pm

All are welcome.

Underground Railroad

Every 1st & 3rd Monday of the month. 2:30 pm

BINGO

Every 1st and 3rd Tuesday 1-3pm

Pokeno

Every Wednesday 1-3pm

Health & Wellness Information

Barbara Parker, registered nurse is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday 8am-4pm; Friday 8am-4:30pm. For an appointment please call 614-437-2927

Arthritis Foundation Exercise Program

Tuesdays & Thursdays 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take



an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good

company, a healthy snack and fun prizes.

Walks are held inside during bad weather.

2018 Walking Dates

8:30 - 9:30 am

**Marion Franklin &
Woodward Park
Nov 3**

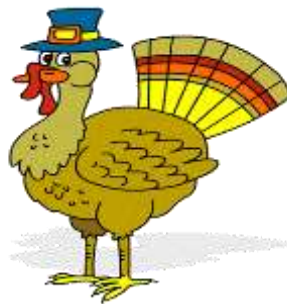
**Far East &
Dodge
Nov 10**

Martin Janis 7th Annual Health Fair**Wednesday, November 7**

Join us for a health fair that will include (among other things) health screenings, disease control, physical and mental wellness, fitness demos and healthy eating.

Martin Janis Thanksgiving!**Wednesday, November 14 Noon-2 pm;****Entertainment 12:30-1:15 pm**

Come celebrate turkey day and join in the festive cheer during our annual Thanksgiving. You'll definitely get in the spirit of the season – great food, good times, and a fantastic free concert by a great local artist, Bill Cohen, singing songs of gratitude. Sign up at the front desk to bring a potluck dish (or \$7.00 per person). Happy Thanksgiving, everyone!

**Breakfast for Lunch****Wednesday, November 7 11:30 am**

Everyone loves the wonderful breakfast specials our talented kitchen staff serves up once a month!

Craft Bazaar**Thursday & Friday, November 8 & 9****9 am-4 pm**

Martin Janis' annual Holiday Craft Bazaar. Come shop early for your presents from our variety of vendors.

Empty Bowls**November 14-16**

Handmade ceramic bowls will be available for purchase beginning November 14th during our Thanksgiving lunch.

*Soups and bowls will be available November 15 -16 from 11:30 am – 1 pm.

CareSource**Monday, November 19 10 am-Noon**

Join CareSource to help with your Medicare questions and open enrollment.

Thank You! We'd like to recognize Amy Kountz for coordinating Martin Janis Casino Night 2018! As always it was a huge hit and fun for all – thanks Amy! See you all next year!

Gregg's Health Corner**Keep Moving Especially When Temperatures**

Drop-When the temperature falls and the jackets and coats come out of storage, this is the signal for some to behave like bears and hibernate. This is the worst thing you can do to your body. Think of movement as medicine and schedule it into your day the same way you plan your other prescriptions. According to the USDA "Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Vigorous activities include running/jogging, swimming (free style laps), competitive basketball, and heavy yard work, such as chopping wood."

"Fair and Square" Quilting Group

We would like to recognize the "Fair and Square" quilting group that meets at Martin Janis each month. They are working on several community service projects, including 'mug rugs' and holiday stockings for a fundraising effort. Thanks to all.

Lunch is served!**Monday-Friday 11:30 am-12:45 pm****Coming in December!**

Holiday Party and Luncheon

Dickens Motown Production

Henry Box Brown Production

Please call the Martin Janis for times and dates.
614-645-5954.

50+ Water Exercise

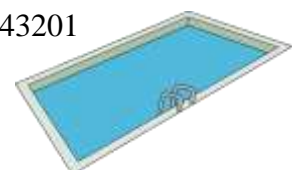
Getting cold outside. Come inside to the warm water.

Session I October 1-November 7
Session II November 14-December 19
Mondays and Wednesdays
10-11 am

\$20 per session or \$2 per class

Columbus Aquatic Center
1160 Hunter Ave. 43201

For information, call 645-6122.



Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 12:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; 12:30-3 pm; Free; Community Room

Progressive Bridge

Thursdays; 12:30-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

9:30-11:30 am Beginner/ Intermediate

12:30-2:30 pm Advanced

Mondays, Wednesdays & Fridays

6:15-8 pm All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm

Free Dance Room

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.



Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

The Body Shop Workout

Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, T, Th, & F 8-9am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am

\$30 for nine-week session

Gentle Yoga

Wednesdays 10-11am

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>



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COLUMBUS, OH 43205

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Centers will be closed:

Monday, November 12
Veterans Day

Thursday, November 22
Thanksgiving Day

